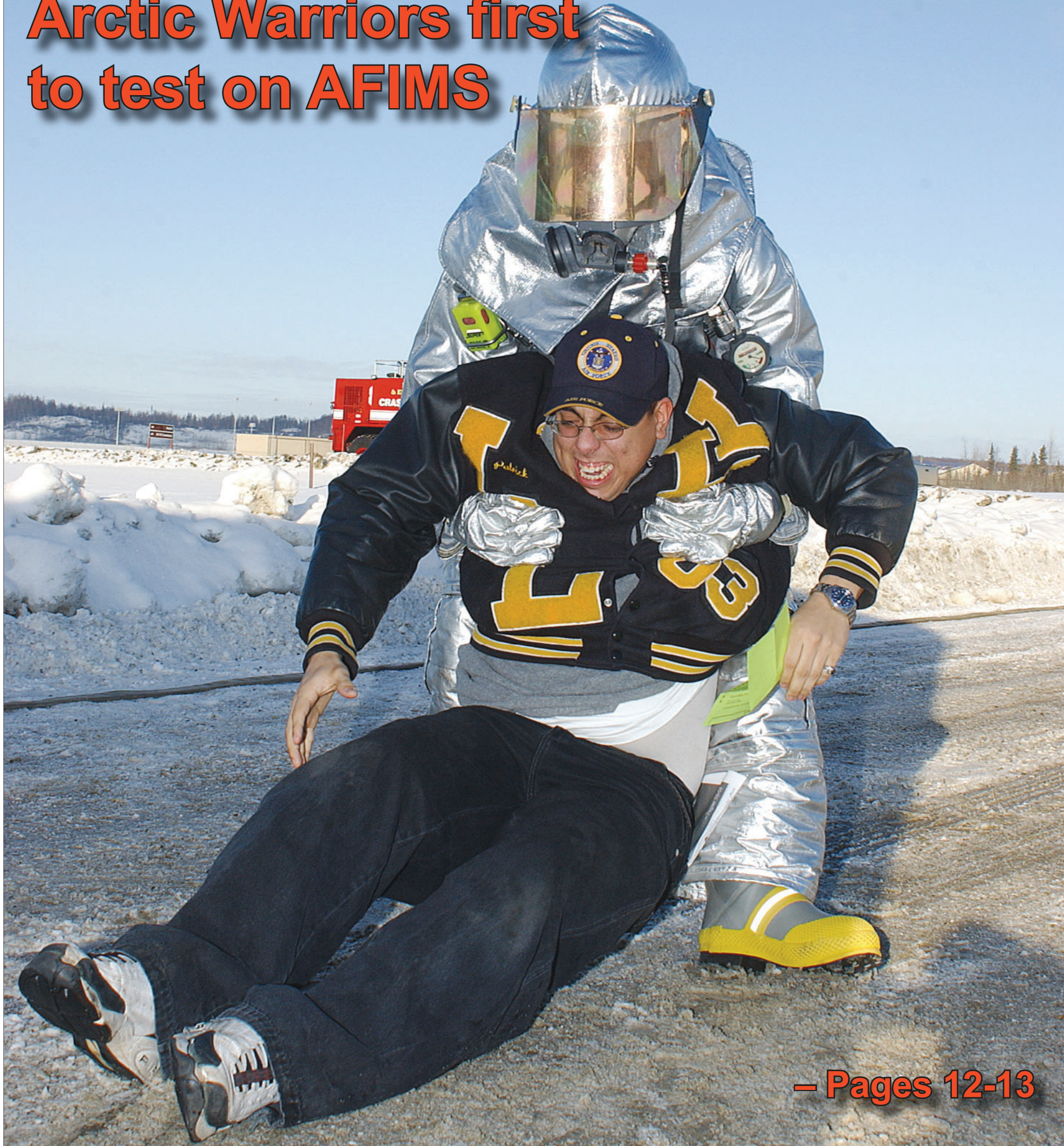


Arctic Warriors first to test on AFIMS



– Pages 12-13

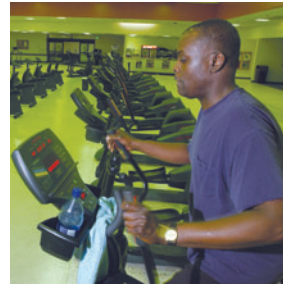
PHOTO BY AIRMAN 1ST CLASS DEJUAN HALEY



Arctic Warriors bring supplies to Thai school
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Aurora offers free renters' insurance to tenants
 – Page 8



Commander challenges Arctic Warriors
 – Sports

Arctic Warriors graduate PME
 – Pages 4-5

Annual Award winners
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JDAMs away



COURTESY PHOTO



PHOTO BY STAFF SGT. KENNY KENNEMER

Right: Aircraft maintainers from the 90th AMU, place an F-15 Strike Eagle on jacks while repairing the front hydraulic strut during Red Flag 06-1 at Nellis Air Force Base, Nev., Tuesday. The 90th Fighter Squadron became the first Pacific Air Forces’ F-15E unit to drop Joint Direct Attack Munitions like the ones pictured at left. JDAMs are GPS-guided weapons that fly to exact coordinates either provided by the Air Operations Center or from the F-15E’s onboard sensors: the air-to-ground radar or the Low-Altitude Navigation and Targeting Infrared for Night targeting pod.

“Unlike laser-guided bombs which we have dropped for years and require a clear view between the aircraft and the target, we can drop JDAMs in all weather – through clouds, fog, smoke and rain – and they’ll hit with deadly accuracy,” said Lt. Col. Colin Wright, 90th FS commander. “Carrying JDAMs as a primary or backup weapon will greatly increase our ability to destroy any assigned targets, regardless of the weather conditions, on the first attack.”



Brig. Gen. Hawk Carlisle
3rd Wing commander

Do you have a problem you can’t seem to get solved?
Would you like to recognize someone for a job well done?

The commander’s action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander’s personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can’t help, then please call the Action Line.

Key phone numbers:

- Col. Mike Hass, 3rd CES/CC
552-3007
Lt. Col. David Aupperle, 3rd SVS/CC
552-2468
Lt. Col. Brett Meyer, 3rd SFS/CC
552-4304

New Sunflower resident concerned about speeding

Q: I am writing this as a concerned resident of New Sunflower housing. Since the Bluff Road Gate has opened, traffic on Fairchild Avenue has increased dramatically, which is to be expected.

My concern with the traffic pattern is the disregard for the posted speed limit and how many lanes the road is.

The speed limit is posted a total of five times on Fairchild between Arctic Warrior Drive and the Bluff Road, and still people speed.

Since the gate has opened, I have constantly been passed by speeding vehicles, whether that part of the road is two lanes wide or not. I am constantly tailgated when I am driving the correct speed limit.

This is frustrating to members who obey the law. It also raises a large concern for the safety of

children and people who live down this road.

If people are speeding and passing vehicles at will during icy winter conditions, how is it going to be in the summer when children are out playing?

I understand that the 3rd Security Forces Squadron members have a tremendous workload and limited manning, but is there any way to get more coverage? Would it be possible to have more patrols during peak travel times? These are just ideas.

I hope that this letter helps raise concern about the hazards on Fairchild Ave.

Thank you.

A: Thank you for your observation. You are absolutely right. Children are at a higher risk

when vehicles are speeding, and it is very frustrating for those who obey the law.

People who speed and tailgate behind vehicles are at a higher risk to cause an accident thereby hurting themselves and others, especially in icy, and other less than ideal driving conditions.

We will increase our law enforcement patrols and direct speed enforcement on and around Fairchild Avenue and Sunflower housing to prevent any such tragedy from occurring.

We will also post static speed limit recorder carts along the roadway.

If you have any further questions regarding this response, please feel free to contact the 3rd SFS operations officer at 552-4062.



James Scheu, Tech. Sgt. Darnell Hamblin, Senior Airmen Kimberly Riberal, Neil McCurdy, Quinton Keller, Daniel Hamilton and Airmen 1st Class John Boudreaux, Arthur Manuel and Andrew Thompson, T56 Engine Inspection Team, accomplished 431 inspections and 52 maintenance tasks, including an engine removal and turbine change three days ahead of schedule, ensuring quality engines and propellers. They received 11 zero defect inspections from the 3rd Maintenance Group Quality Assurance.

Senior Airman Albert Lua, 3rd Component Maintenance Squadron, displayed superb troubleshooting abilities while diagnosing a radio frequency failure on an F-15 high-band radar warning receiver. He isolated and repaired a faulty wiring harness, saving eight hours of troubleshooting time and more than \$61,000 in repair costs. In addition, Airman Lua installed and verified a DC power supply in the F-15 electronic warfare systems test station and restored testing capability for 19 different avionics components.

Airman 1st Class Katerina Schobelock, 962nd Airborne Air Control Squadron, corrected several computer system malfunctions onboard the E-3 Airborne Warning and Control Systems aircraft, during an exercise at Hickam Air Force Base, Hawaii. She troubleshot and repaired a hard fault, preventing loss of passive detection capability. In addition, she recovered two seats with display problems and resolved a computer processor failure and numerous computer display errors during the week-long exercise. Her actions led to 100 percent on-station time on four exercise sorties.

Sourdough Sentinel

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| | |
|------------------------------|-----------------------------|
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| Staff Sgt. Francesca Popp | NCOIC, Internal Information |
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| Senior Airman Garrett Hothan | Photographer |

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The deadline for article submissions to the *Sourdough Sentinel* is 4 p.m. Friday. Articles will be published on a space-available basis and are subject to editing by the *Sourdough Sentinel* staff. Submission does not guarantee publication.

For more information, call the *Sourdough Sentinel* office at 552-2493 or 552-8941, e-mail: sourdough.sentinel@elmendorf.af.mil, fax us at 552-5111, or write to us at: 3rd WG/PA, 10480 22nd St. Ste. 119 Elmendorf AFB, AK 99506

Elmendorf Moment in History

Feb. 17, 1940:



The Army Navy Journal carried an article, “Two New Air Force Stations in Alaska,” stating that the secretary for war had announced plans to build airfields near Anchorage and Fairbanks.

Cope Tiger Airmen donate goods to local Thai school

By Master Sgt. Adam Johnston
Cope Tiger Public Affairs

Dropping off donations at a local Thai elementary school Feb. 10, nine select Airmen from Cope Tiger, including Arctic Warriors, got a chance to take a break from multi-lateral exercises to spread community goodwill, help a local school and eat lunch.

While all of the 300 U.S. military members are deployed to Korat Royal Thai Air Base for an annual exercise designed to hone flying skills and international cooperation between the U.S., Thailand and Singapore – kicked in cash to help local school children, only a select few got to see the goods delivered.

“We adopt a school every year but what’s always the hardest part about this annual trip is deciding who will get to go,” said Master Sgt. James Parris, a project officer with Cope Tiger who normally works at Headquarters Pacific Air Forces at Hickam Air Force Base, Hawaii. “We had so many people who wanted to go, but we have to limit the visitors so we don’t overtax the resources of the school,” he said.

The school provides the visiting Airmen lunch.

Sergeant Parris said supplies

handed out for the Ang Huay Yang Elementary School were a refrigerator, overhead projector and a variety of sports equipment.

“The supplies were bought through donations collected from Airmen deployed here since the start of the exercise,” he said.

First Lt. Laura Grossman, weather officer for Cope Tiger and project officer for the visit, said she thought the visit went great.

“It was nice to see an actual place where children go to school here,” said Lieutenant Grossman, normally assigned to the 3rd Operations Support Squadron at Elmendorf. “We had a lot of fun. The children were shy at first, especially the boys, but they got pretty bold at the end.”

Shaking countless children’s hands, Airman 1st Class Brock Wood seemed totally at home as an unofficial goodwill ambassador for the Air Force in Thailand. “It was nice that I could make everyone so happy by simply shaking their hand,” said Airman Wood, a computer specialist with the 3rd Communications Squadron from Elmendorf. “I don’t think I’ve ever had that much attention in my life,” he said.

Tech. Sgt. Clarence Jenkins, a



PHOTO BY TECH. SGT. KEITH BROWN

Airman 1st Class Brock Wood pulls double duty shaking the hands of school children at an elementary school near Korat Royal Air Force Base, Thailand, during a break from Cope Tiger ‘06 exercises about 110 miles northeast of Bangkok, Feb. 10. Airman Wood was part of a small contingent of Airmen that delivered needed sports equipment and other supplies to the Ang Huay Yang Elementary School near Korat. Airman Wood, a computer specialist normally assigned to the 3rd Communications Squadron at Elmendorf, is one of about 300 U.S. military forces participating in Cope Tiger.

flight engineer, with the 36th Airlift Squadron from Yokota Air Base, Japan, was also on scene at the school.

Before heading to Thailand, Sergeant Jenkins said he planned on volunteering for the community

if the opportunity came about. “I would have loved to try to help out more but we’re not going to be here long enough, he said.

Cope Tiger is scheduled to end Saturday.

Tax Time: Volunteers help people save money

The Elmendorf Air Force Base Income Tax Assistance Office is open.

As of Monday, 353 federal returns have been filed. Base members have saved \$57,894 by using this free service and have received \$800,166 in refunds.

People needing tax assistance can make an appointment 8 a.m.-4 p.m. Mondays, Wednesdays and Thursdays, and 1-4 p.m. Tuesdays. Walk-in hours are 8 a.m.-noon Tuesdays and Fridays. The office is located in the basement of the People Center and can be reached at 552-3832.

Volunteer Income Tax Assistance representatives are available to help prepare 2005 tax returns. Volunteers are only trained to help with 1040EZ, 1040A and basic 1040 forms. They can also electronically file federal tax returns with the Internal Revenue Service.

This is a free service provided to anyone with a military ID card. Refunds are usually paid within two weeks. To check the status of a refund, visit <https://sa.www4.irs.gov/irfof/lang/en/irfofgetstatus.jsp>.

Besides VITA volunteers, most squadrons have one or more unit tax representatives available to help squadron members. Tax Center officials recommend military members make an appointment through their unit tax advisors first, because appointments at the Tax Center are limited.

The unit tax representatives are:

11th Air Force

Staff Sgt. Cesar Campos, 552-9639

12th Fighter Squadron

Senior Airman Sostenes Benavides, 552-9133

176th Air Control Squadron

Master Sgt. Robert Gunderson, 552-6141

Tech. Sgt. Nance Pitts, 552-6188

381st Intelligence Squadron

Staff Sgt. Adella Creque, 552-2442

Staff Sgt. Stephanie Veriato, 552-2448

Master Sgt. Charlotte Verley, 552-5211

Airman Diana Deausen, 552-4536

Tech. Sgt. William Joyce, 552-4016

Tech. Sgt. Jeffrey Collins, 552-4404

Tech. Sgt. Carl Sweeney, 552-5368

3rd Aircraft Maintenance Squadron

Senior Airman Edward Garcia, 552-5155

Staff Sgt. Mark Curtis, 552-4809

Staff Sgt. Austin Atkinson, 552-8380

Staff Sgt. Tiffany Whetzel, 552-1779

Staff Sgt. Michael Funk, 552-5409

Airman 1st Class Marlon Sam, 552-9046

3rd Civil Engineer Squadron

Airman Christopher Davis, 552-3496

Airman John Karel, 552-3056

Staff Sgt. Peter Peterson, 384-0774

Senior Master Sgt. George Bunting, 552-6405

Master Sgt. Kimberly Perry, 552-2190

3rd Component Maintenance Squadron

Staff Sgt. Matthew Atkinson, 552-3375

Master Sgt. David Thomas, 552-3321

Staff Sgt. Terrie Weary, 552-1032

3rd Contracting Squadron

2nd Lt. Timothy King, 552-4146

3rd Comptroller Squadron

Airman 1st Class Jacob Bright, 552-8510

3rd Communications Squadron

Petra Branch, 552-5432

Airman Patrick Gray, 552-3193

2nd Lt. Carlos Benítez, 552-4226

Lisa Butcher, 552-9975

Tech. Sgt. Mark Schmitt, 552-1076

Airman 1st Class Adam Stacy, 552-4039

Tech. Sgt. Sharon Baltazar, 552-2906

3rd Equipment Maintenance Squadron

Senior Master Sgt. Reese Lamb, 552-5804

Master Sgt. Julie Vollick, 552-8565

Staff Sgt. Matthew Engelbrecht, 552-2596

Staff Sgt. Larry Gibson, 552-5092

Senior Airman Michael Westcott, 552-5710

Staff Sgt. Brenda Fogleman, 552-8310

Staff Sgt. Jesse Shinn, 552-2017

Tech. Sgt. Jeffery Norris, 552-2975

3rd Medical Group

Senior Airman Jenny Tull, 552-3986

Master Sgt. Rogers Matthews, 580-5020

Staff Sgt. Maria Wichert, 580-5555

Tech. Sgt. Dolores Ross, 580-5858

Master Sgt. Harold Dupre, 580-1800

Jennifer Stewart, 580-3106

Senior Master Sgt. Dan Phelps, 580-6380

Tech. Sgt. Christy Jones, 580-2523

3rd Logistics Readiness Squadron

Tech. Sgt. Teresa Fish, 552-4475

Senior Airman Christina Winstead, 552-4475

Master Sgt. Lance Kagele, 552-5175

3rd Mission Support Squadron

1st Lt. Angela Taravella, 552-2016

3rd Maintenance Group

Staff Sgt. Yutashea Harkless, 552-1522

3rd Operations Support Squadron

Capt. Daniel Stimpfel, 552-4265

3rd Security Forces Squadron

Tech. Sgt. Joel Ewing, 580-8049

3rd Wing Staff Agencies

Lt. Col. Kimberly Olson, 551-3542

Tech. Sgt. Ronald Johnson, 552-1869

Capt. Peter Kezar, 552-3048

Airman 1st Class Ruth Vradenburgh, 552-1870

517th Airlift Squadron

1st Lt. Kenda Garrett, 551-3095

Senior Airman Sabrina Archer, 551-0634

Staff Sgt. Kenneth Martinez, 551-3718

Tech. Sgt. Timothy Singer, 551-3718

611th Air Operations Group

Master Sgt. Kevin Hoover, 552-1265

Master Sgt. Jeffrey Herrick, 552-9159

Master Sgt. Timothy Muennich, 552-1814

Master Sgt. Troy Snipes, 552-4190

703rd AMXS

Airman Jessica Stacy, 552-3034

Senior Airman Steve Bauer, 551-1492

Senior Airman Gregory Henderson, 551-1492

732nd Air Mobility Squadron

Master Sgt. Sabrina Roquemore, 552-5912

Master Sgt. Daniel Schneider, 552-5885

Master Sgt. Bradley Hartel, 552-3840

90th AMU

Tech. Sgt. Shawn Gumpright, 552-6780

962nd Airborne Air Control Squadron

Tech. Sgt. William Bryant, 552-9142

(Courtesy of the 3rd Wing Legal Office)

43 senior airmen graduate ALS

The following senior airmen graduated from the Airman Leadership School Class 06-2 Wednesday:

John L. Levitow Award
Patrina James
3rd Medical Support Squadron

Leadership
Michael Corona
3rd Logistics Readiness Squadron

Academic Achievement Award
Timothy Carper
381st Intelligence Squadron

Distinguished Graduate Award
Timothy Carper
381st IS

Jason Pena
3rd Equipment Maintenance Squadron

Gregory Rushing
381st IS

Graduates

3rd Civil Engineer Squadron
Charles Caster
Michael McClary

3rd Aircraft Maintenance Squadron
Zachary Hassan
Enoch Jonas
Stephanie Nelson
Kenny Silbernagel
Michael Winkle

3rd Communications Squadron
Seth Crawford

3rd Component Maintenance Squadron
Michael Martin
Dewayne Parker

3rd Equipment Maintenance Squadron
Anthony Deleon
Daniel Elliott
Ryan Ferris
Todd Michaud
Nathan Paet
John Phillips

3rd Medical Operations Squadron
Twyla Cox
Tina Johnson

3rd Medical Support Squadron
Stalissa Mendez

3rd Security Forces Squadron
Kacy Castro
Anthony Clay

381st Intelligence Squadron
Antonio Benavides
James Christian
Douglas Reed

517th Airlift Squadron
Brenda Adams
Philip Martin
Jeffrey Mason

611th Civil Engineer Squadron
Angelica Wetzel

703rd Aircraft Maintenance Squadron
Galen Bird
Christopher Green
John Harris
Todd Johnson
Lisa Mahaffey
Keith Mcgee
Dana Rosso

732nd Air Mobility Squadron
Jacob Chapman
Joseph Hogue
James Palsgrove

Sourdough Spotlights

3rd Security Forces Squadron
2005 Pacific Air Forces Outstanding Security Forces Large Unit Award

Airman 1st Class Kadence Hawkes
3rd Comptroller Squadron Pacific Forces Financial Management and Comptroller Airman of the Quarter



Did you recently arrive at Elmendorf? Did you receive an award? Did you complete Professional Military Education? If so, let people back home know about it.
Fill out the Hometown News Release form, online at:
<https://hn.afnews.af.mil/webpages/paperless/46790/46790-3WGELMENDORFAFB.html>.

57 technical sergeants graduate NCOA

The following technical sergeants graduated from the NCO Academy Class 06-2 Wednesday:

John L. Levitow Award

Matthew Armour
354th Civil Engineer Squadron

Academic Achievement Award

Brian Creque
381st Intelligence Squadron

Commandants Award

Jason Daniel
3rd Aircraft Maintenance Squadron

Distinguished Graduate Award

Jason Daniel
3rd Aircraft Maintenance Squadron

Brian Creque
381st Intelligence Squadron

Brian Holes
611th Civil Engineer Squadron

Christopher Wellman
354th Maintenance Squadron

Jackie Horsley
3rd Component Maintenance Squadron

Graduates

3rd Communications Squadron
Charles Seale

3rd Security Forces Squadron
Christopher Black
Christopher Titus

3rd Civil Engineer Squadron
Ethan Gildersleeve
John Post III
Bryan Robertson
Howard Smith

3rd Logistics Readiness Squadron
Sean Hislop
Mark Mullins
Rodney Parks

3rd Maintenance Group
Frank Davis Jr.

3rd Maintenance Aircraft Squadron
James Cassaday
Paul Fischer
Mark Jones
Jeremy Lee
David Young

3rd Component Maintenance Squadron
John Cunningham

3rd Equipment Maintenance Squadron
Mitchell Deguzman
Michael Gilbert
Warren Waters
Troy Wood
Jeffrey York

3rd Medical Support Squadron
Ryan Parnell
Judy Redmond

3rd Operations Support Squadron
Matthew Olday

3rd Wing
Cheryl Williams

381st Intelligence Squadron
Terry Porter
Erik Schultz
Kurt Woodward

517th Airlift Squadron
Jolly Tangog

703rd Aircraft Maintenance Squadron
Daniel Noble

732nd Air Mobility Squadron
Jason Bradford
Andrea Lamar
Raymon Madrid
Jeffrey Payne

Detachment 14, 372nd Training Squadron
Kenneth Culp

206th Combat Communications Squadron
Karl Morris

353rd Combat Training Squadron
Brian Heidt

354th Aircraft Maintenance Squadron
Randall Spurling
Scott Lutz

354th Civil Engineer Squadron
Elizabeth Molloy
Stephanie Levy
Jeanguy Fleury

354th Logistics Readiness Squadron
Carlton Fay
Charles Puffer

354th Maintenance Operations Squadron
Christopher Weber
Cherie Kilpatrick

354th Maintenance Squadron
Martin Cooper
Jamie Kurzenberger
Brian Reynolds
Erik Pitts





Elmendorf family day

Due to the Unit Compliance Inspection, 3rd Wing members will not observe today’s Pacific Air Forces family day. Instead, the wing will observe an alternate family day on Feb. 24.

Civilians are encouraged to take annual leave or use accrued compensatory time.

MPF appointments

The Military Personnel Flight customer service office now offers appointments.

The appointment times are 7:45-9:45 a.m. Mondays-Fridays, and Wednesdays from 3-5:15 p.m.

To request an appointment, call 552-2276/2846/6978/6971, or e-mail *customer_service@elmendorf.af.mil*.

Please ensure you receive e-mail or phone confirmation before reporting to your requested appointment

For more information, call Master Sgt. Mike Snyder at 552-6971.

Free concert

The U.S. Air Force Band of the Pacific presents The Greatlanders at 7:30 p.m. Wednesday at Atwood Concert Hall, 621 West 6th Ave. in Anchorage.

Change of command

The 3rd Maintenance Group change of command begins at 10 a.m. Thursday in Hangar 1.

Col. Amy Bouchard will relinquish command to Col. Michael Arceneaux.

African-American Heritage Ball

The African-American Heritage Committee Red, Black and Green Ball takes place 6-9 p.m. Feb. 25 at the Susitna Club.

Lt. Gen. Daniel James III, director of the Air National Guard, will speak at the event.

Social hour begins at 6 p.m., dinner is served at 7 p.m. The attire is coat and tie. The menu is herb baked chicken and barbecue beef brisket. Tickets are \$20.

People interesting in attending should R.S.V.P by 4 p.m. Tuesday. For tickets, see your unit AAHC representative or call 580-6820 or 552-3989.

Annual awards banquet

The 11th Air Force Annual Awards Banquet is March 3 at the Susitna Club. Social hour begins at 6 p.m., dinner is at 6:45 p.m., followed by the awards ceremony at 8 p.m.

Attire is mess dress or semi-formal for military and coat and tie for civilians.

Cost for the event is: London broil \$20.10 for members and \$23.10 for nonmembers, baked cod fillet, \$18.65 for members and \$21.65 for nonmembers.

The deadline to purchase tickets

is Thursday.

For more information, contact your unit first sergeant.

Elmendorf passes in

The Elmendorf Pass and Registration office now has 2007 decal stickers.

If you have a 2005 year sticker, you can go to the Pass and Registrations office located in the People Center to pickup your new sticker.

All vehicles need to have current stickers by Feb. 28.

For more information, call Staff Sgt. Rodrica Brown at 552-5665 or Staff Sgt. Starr Haywood at 552-5988.

Women’s History Month meeting

The Women’s History Month Committee meeting begins at 1 p.m. Wednesday in the 3rd Operations Support Squadron meeting room.

For more information, call Senior Airman Laura Narvaez at 552-1674 or Airman 1st Class Staci Fisher at 552-4701.

Participation with any observance committee is open to everyone and not limited to any particular demographic group.

Munitions storage area closure

The 3rd Equipment Maintenance Squadron Munitions Flight will close March 1-5 to conduct a 100 percent warehouse inventory.

Account custodians requiring munitions support must process all transactions as an Emergency Issue during this time frame.

For more information, call Master Sgt. Erik Long or Tech. Sgt. Paul Wenzl at 552-4491.

Women’s conference

The second annual Women’s Conference takes place 8:30 a.m.-4:30 p.m. March 10 at the Ft. Richardson Community Education Complex. Lunch is provided. The theme is “Women: Builders of Communities and Dreams.”

People who are interested in participating in the free workshops should call Donna Shock at 552-0370.

Airman’s Attic

The Airman’s Attic is open to all ranks 11 a.m.-3 p.m. on the first Saturday of each month.

Other hours of operation are 10 a.m.-2 p.m. Mondays and Wednesdays for senior airmen and below, Fridays for technical sergeants and below, and all ranks on the last Friday of the month.

The Airman’s Attic is located at 7179 Fighter Dr.

For more information, call 552-5878.

Victim advocates

The SARC Office is currently recruiting for the next Victim Advocate training session, Feb. 27 to March 3.

Victim advocates can be active-duty members or DoD civilians.

For more information, call the SARC Office at 551-2035 or 551-2033.

Protection from Eviction

If you are leasing a house or apartment and your rent is below a certain amount, the Servicemembers’ Civil Relief Act can protect you from being evicted for a period of time, usually three months.

As of Jan. 1, the amount of the rent ceiling is \$2,615.16. However, the military member must show that military service materially affects his or her ability to pay rent. If a landlord continues trying to evict the military member or does actually evict the member, that person may face criminal sanctions such as fines or even imprisonment.

If you feel you are in this situation, call 552-3048 to schedule an appointment with one of the 3rd Wing legal assistance attorneys.

Change of command

On Jan. 21, Maj. Kevin Thomas assumed command of the 804th Civil Engineer Squadron.

Loaner furniture

Long-term loaner furniture is available for accompanied and unaccompanied senior airmen and below authorized to live off base. This furniture is limited and issued on a first-come, first-serve basis. The furniture may be used for the duration of the member’s tour. However, they must pick-up and return these items.

Airmen interested in borrowing furniture should bring their address and one copy of their orders to the housing office from 9 a.m.-4:30 p.m. weekdays at 6346 Arctic Warrior Dr.

For more information, call 552-4439 or 552-2599.

Tuition assistance

Tuition assistance cannot be issued for any course that has already started or exceeded the registration period. Students attempting to obtain their TA after the start date or registration period will be required to pay for those courses out of their own pockets.

The Education Center highly encourages students to apply for their TA at least one week prior to the start of class to avoid any delays.

For more information, call 552-3164 or stop by 4109 Bullard Ave, Suite 233.

EOSO scholarships

The Elmendorf Officers’ Spouses’ Organization is offering \$1,000 scholarships to Anchorage area high school seniors.

Applicants must be children of active-duty or retired military members with at least a 3.0 grade point average.

Applications must be received by March 31 to be considered for selection. Forms are available online at www.elmendorfofos.com, from high school counselors or the Elmendorf Family Support Center.

For more information, call 622-9332.



Chapel Schedule

Catholic Parish

- Monday through Wednesday and Friday Mass: 11:30 a.m. at the Chapel Center
- Thursday Mass: 11:30 a.m. at the Hospital Chapel
- Sunday Mass: 10:30 a.m. at Chapel 1
- Sunday Evening Mass: 5 p.m. at Chapel 2
- Confession: 4:30 p.m. Sundays at Chapel 2

Protestant Sunday

- Liturgical Service: 9 a.m. at Chapel 2
- Celebration Service: 9 a.m. at Chapel 1
- Gospel Service: noon at Chapel 1
- Fellowship Praise: 6 p.m. at Chapel 1

Religious Education

- Catholic Religious Education: Sunday at 9 a.m. at the Chapel Center.
- Protestant Sunday School: 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.



PHOTO BY STAFF SGT. ALAN PORT

Family Child Care Provider of the Quarter

Patricia Nygaard holds baby Katrina Mize, while playing with Lane Hubbard. Mrs. Nygaard was selected as the Elmendorf Family Child Care Provider of the Quarter for the first quarter of fiscal year 2006. Providers are nominated by the parents and the winner is determined by the FCC panel. This is Mrs. Nygaard’s second time winning the award. For more information on becoming a Family Child Care Provider, or to nominate a provider, call 552-4664.

Aurora offers insurance to all tenants

By Senior Airman Jared Marquis
3rd Wing Public Affairs

What are your possessions worth? If something happened to your house, do you have insurance to cover the loss of those possessions?

For residents living on base, Aurora Military Housing offers that kind of protection, for free.

“As of Dec. 13, anyone who lives in Aurora Military Housing, is eligible for free renters insurance, no matter which phase they live in,” said Kenneth Michael, 3rd Civil Engineer Squadron quality control flight.

Prior to Dec. 13, only phase II residents were eligible for renters insurance, said Mr. Michael.

He said not everyone understands the need for renters insurance

“Without renters insurance, tenants are at risk of losing all their personal property,” he said.

Tenants could also be responsible for the cost of the damaged unit.

“Not only do people lose all their personal property, but they stand the risk of having to pay for damage to the unit. Why take the chance when insurance is available at no cost to the tenant,” he said.

Currently, AMH offers rental insurance with \$20,000 coverage for the tenant’s personal property and another \$100,000 for liability and has a \$250 deductible, said Mr. Michael, and all the tenant has to do is call Allstate to activate their renters’ insurance policy.

If a tenant already has renters’ insurance, then they may be eligible for the monthly rebate.

“Tenants who currently have renters

insurance just need to provide Aurora with a copy of their policy. As long as it meets their requirements, they are eligible for the credit,” he said.

Mr. Michael also said that not all tenants are eligible for the Allstate coverage. The final decision is made by Allstate, but if for some reason a tenant does not qualify, Aurora will still honor the monthly credit to their account.

“Any tenant who is denied Aurora provided insurance, must provide written confirmation that they were denied, and Aurora will apply the credit to their account,” he said.

Also, if a tenant determines that Allstate does not cover them sufficiently they may decide to purchase their own policy and receive the credit from AMH, or add to the coverage.

According to Beverly Roberts, 3rd CES housing manager, not enough tenants are taking advantage of these opportunities.

She said 15 percent of eligible tenants currently have active policies, while only 3 percent are taking advantage of the credit.

“That means that out of the 1,714 Aurora housing units, only 309 residents are using this program,” she said.

For Arctic Warriors who don’t live in base housing, Mr. Michael said it is still important to have some type coverage for personal items, as well as any at fault damage to the home.

For example, last year a fire in an off-base apartment complex cost a number of Arctic Warriors everything they had when they lost their homes due to the fire. They did not have insurance to cover the lost items.

To sign up for the insurance, AMH residents can call Allstate at 279-9000. To get the credit, residents can call AMH at 753-1023 or 753-1024.

Members receive nonjudicial punishment

Article 15s:

An airman first class with the 3rd Civil Engineer Squadron was late to work twice, failed his dorm room inspection, failed to pay his \$936.84 loan and was disorderly, bringing discredit to the armed forces.

His punishment was a reduction to airman, forfeiture of \$333 pay, restriction to Elmendorf for 14 days, 14 days suspended extra duty and a reprimand.

An airman basic with the 3rd Communications Squadron injured himself while driving recklessly.

His punishment was a suspended forfeiture of \$200 pay for two months and a restriction to the limits of Elmendorf for 60 days.

An airman first class with the 732nd Air Mobility Squadron drank alcohol while under the age of 21 and committed adultery.

His punishment was a suspended reduction to airman, forfeiture of \$125 pay for two months and 15 days extra duty.

A technical sergeant from the 703rd Aircraft Maintenance Squadron extorted money from other Airmen, filed a fraudulent travel voucher and solicited other Airmen to file fraudulent travel vouchers.

His punishment was a reduction to staff sergeant and a reprimand.

A senior airman with the 3rd CES wrongfully possessed and used Hydrocodone and forged prescriptions.

His punishment was a reduction to airman first class with a suspended reduction to airman, forfeiture of \$250 pay for two months with one month suspended and a reprimand.

A senior airman with the 3rd Equipment Maintenance Squadron was absent without leave for two weeks and made a false official statement.

His punishment was a reduction to airman first class with a suspended reduction to airman, suspended forfeiture of \$713 pay for two months and 30 days extra duty.

An airman first class with the 3rd CES had an affair with a married man.

Her punishment was a reduction to airman, suspended forfeiture of \$333 pay, 14 days extra duty and a reprimand.

A senior airman with the 732nd AMS had an affair with a married man.

Her punishment was 10 days extra duty and a reprimand.

Discharges:

An airman basic with the 3rd Equipment Maintenance Squadron was administratively discharged for a pattern of misconduct.

The member's misconduct included one Article 15 for misusing his government travel card, failing to pay the debt on his government travel card and the overindulgence of alcohol, two vacation actions for wrongfully consuming alcohol after he was given an order not to drink alcohol and; a Letter of Admonishment for failing to report for duty at the appointed time.

The member's misconduct resulted in his general discharge.

An airman with the 703rd AMXS was administratively discharged for disciplinary infractions.

The member's misconduct included one Article 15 for underage drinking, a vacation of suspended punishment for underage drinking and two Letters of Reprimand for a variety of misconduct.

The member's misconduct resulted in his general discharge.

An airman with the 3rd Logistics Readiness Squadron was administratively discharged for a pattern of misconduct.

The member's misconduct included two Article 15s for pos-

sessing alcohol in the dorms and underage drinking, and a Letter of Reprimand for underage drinking.

The member was cited by the state of Alaska and she was found guilty for the underage consumption of alcohol.

The member's misconduct resulted in her general discharge.

An airman basic with the 3rd Services Squadron was administratively discharged for disciplinary infractions.

The member's misconduct included two Article 15s for wrongfully displaying a pornographic poster in his dorm room, fire safety violations, and possessing two marijuana leaves, and three Letters of Counseling for a variety of misconduct.

The member's misconduct resulted in his general discharge.

An airman with the 3rd Aircraft Maintenance Squadron was administratively discharged for disciplinary infractions.

The member's misconduct included one Article 15 for failing to report for duty at the time prescribed, five Letters of Reprimand for a variety of misconduct and a Letter of Counseling.

The member's misconduct resulted in his general discharge.

(Courtesy of the 3rd Wing Legal Office)

Team Elmendorf and 3rd Wing Annual Award winners



NCO of the Year
Staff Sgt. Christopher Russell,
3rd Civil Engineer Squadron



*Junior Enlisted
Member of the Year*
Senior Airman Jenny Tull,
3rd Aerospace Medicine Squadron



Civilian of the Year, Category I
Joseph Klos,
3rd Medical Support Squadron



Civilian of the Year, Category II
Jessica Rigby,
3rd Contracting Squadron

Team Elmendorf Annual Award winners



*Company Grade
Officer of the Year*
Capt. Adam Roberts,
611th Civil Engineer Squadron



SNCO of the Year
Master Sgt. Gregory Rousey,
611th Air Support Squadron



Civilian of the Year, Category III
Spencer Moore,
611th Civil Engineer Squadron



Honor Guardsman of the Year
Staff Sgt. Cesar Campos,
11th Air Force

3rd Wing Annual Award winners



Company Grade Officer of the Year
Capt. Jerrod Duggan,
703rd Aircraft Maintenance
Squadron



SNCO of the Year
Master Sgt. Erik Petrovich,
703rd Aircraft Maintenance
Squadron



Civilian of the Year, Category III
Andrew Ziegler,
3rd Communications Squadron



First Sergeant of the Year
Master Sgt. Bud Walsh,
3rd Aircraft Maintenance
Squadron



*Team Elmendorf and 3rd Wing
Flight of the Year*
Mission Systems Flight
3rd Communications Squadron
Accepted by Airman 1st Class Kyle Lantz



EME tests wing's readiness, response

By Master Sgt. Tommie Baker
3rd Wing Public Affairs

On Monday, as part of the Pacific Air Forces Unit Compliance Inspection, the 3rd Wing was the first to be tested under the new Air Force Incident Management System.

Since the attacks on the World Trade Center and the Pentagon on Sept. 11, 2001, much has been done to improve the prevention, preparedness, response, recovery and mitigation of capabilities and the coordination process for incident control and emergency management.

In an attempt to get the various government agencies to work off a consistent nationwide template, the federal government instituted the National Incident Management

System, designed to increase the cross-flow of information between various government organizations.

As part of the 3rd Wing's demonstration of an Emergency Management Exercise during the PACAF UCI, a simulated terrorist shot down a C-12 aircraft which subsequently careened into a bus load of passengers returning from Fort

Richardson on the Davis Highway.

"The scene of this exercise was very chaotic considering the number of casualties," said Maj. Timothy Moser, 3rd Wing Inspections chief.

"Any time there is a scene with this much going on, mistakes are bound to happen.

It is our responsibility

as the Exercise Evaluation Team to capture those errors to improve and help save lives in the future.

"This report and PACAF's evaluation will

guide the wing to be more prepared for any threat to this installation," he said.

The exercise was designed to show the wing's ability to respond to a major accident with mass casualties and to handle the elevation of force protection measures to limit the installation's exposure to the terrorist.

"Although the majority of the UCI is an open-book test for the wing, the only closed-book test is the EME," said Major Moser.

"Only the PACAF inspectors and the wing's EET were aware of the exercise specifics prior to the start of the exercise. The PACAF Inspector General did not only evaluate our ability as a wing to respond to an emergency situation, they also evaluated our ability as the wing's EET to plan, execute and report on the exercise."

According to Major Moser, AFIMS proved to be an effective system to reduce the layers of command and control at the scene.

The UCI provided the PACAF IG a means to verify the unit's compliance with public law and Department of Defense, Air Force and PACAF directives.

The outcome of the inspection will be announced Wednesday in Hangar 1 at 9 a.m.



PHOTO BY AIRMAN 1ST CLASS DEJUAN HALEY



PHOTO BY SENIOR AIRMAN GARRETT HOTHAN



PHOTO BY AIRMAN 1ST CLASS DEJUAN HALEY



PHOTO BY SENIOR AIRMAN GARRETT HOTHAN



PHOTO BY AIRMAN 1ST CLASS DEJUAN HALEY

Clockwise from top: Members of Elmendorf's Emergency Services help a simulated casualty during the Emergency Management Exercise Monday. During the EME, Elmendorf was tested on emergency response using the Air Force Incident Management System.

Michael Howarth, 3rd Civil Engineer Squadron, patches up a "victim." Senior Airman Kenneth Vanderpool, 3rd Security Forces Squadron, takes down a suspected terrorist during the exercise.

Airman Eric Wertz, 3rd Aircraft Maintenance Squadron, screams out in pain as he plays an injured victim during the exercise.

Master Sgt. Jeffrey Lockhart, 3rd SFS, searches the area for a suspected terrorist during the exercise.

Emergency Services members help evacuate the injured.

Cover: An Emergency Services member drags a simulated casualty away from harm Monday during the EME.

Post-Unit Compliance Inspection events

The outbrief will be held at 9 a.m. Wednesday in Hangar 1.

There is a 3rd Wing Commander's Call and burger burn at 2:30 p.m. Thursday in Hangar 1.



Services Eaglet

"Telling the Services Story" in daily activities and special events for the Elmendorf community



TEEN GYM TIME

in the Youth Center Gym

Open Gym
2:30-4 p.m.
Mondays-Thursdays

Fit Factor
2:30-4 p.m.
Fridays



Winter Fun at Hillberg Ski Area

**Skiing Snowboarding Half-Pipe
Ice Skating Tubing/Sledding**

552-4838
5-9 p.m. Thursdays, 1-9 p.m. Fridays
noon-9 p.m. weekends and holidays

Polar Bowl

552-4108

E-4 & Below Bowling

5-9 p.m. Mondays

50 percent off bowling and shoe rental. If the military member is deployed, their family can still participate, just bring a copy of the orders.

Family Xtreme Bowling

1-8 p.m. Sundays

\$30 for up to six bowlers on one lane for two hours; includes shoe rental, two pitchers of soda and popcorn

Hours of Operation
Mondays-Thursdays
11 a.m.-9 p.m.
Fridays
11 a.m.-1 a.m.
Saturdays
noon-1 a.m.
Sundays
1-8 p.m.

BOWLING

Today
Snowmachine Trip 5 p.m., Hillberg Ski Area, 552-4527
"Warm Up Anchorage" 6-8 p.m., learn to crochet and then donate crochet squares to local shelters, Arts & Crafts Center, 552-7012
RC DJ (The Rajun Cajun) 9 p.m.-3 a.m., 18 and older, Kashim Lounge, 753-6131
Southern Barbecue Buffet 5:30-8:30 p.m., \$8.95 *Members First* price, \$11.95 regular price, children 6-12 eat for \$4.50, 5 and under free, Susitna Café, 753-3131
Hula Lessons 4-5 p.m., ages 4 to adult, Arctic Oasis, 552-8529
Night Hoops 8:45-11:30 p.m., Teen Center, 753-2371
Beginner Crochet 6-8 p.m. today and Feb. 24, \$35, bring yarn and needle, Arts & Crafts Center, 552-7012
Celebrate Black History Month 4:30-5:30 p.m., children participate in a quiz bowl, perform songs, poems and portrayals, School Age Program, 552-5091
Club Member Social Hour 5-6 p.m., club members enjoy free food, adults only, Kashim Lounge, 753-6131 and The Cave, 753-3131

Saturday
Cross Country Ski Waxing Clinic 1 p.m., free, Outdoor Recreation, 552-2023

DJ with House Band 7:30-11:30 p.m. at The Cave, ages 13-18, \$3 Youth Center members, \$5 nonmembers, for details call the Teen Center, 753-2371
Kids Corner "Candle Art" 1-3 p.m., ages 3-10, \$15, Arts & Crafts Center, 552-7012
Xtreme Bowling 9 p.m.-1 a.m., \$18 includes shoe rental, Polar Bowl, 552-4108
Bowl Turning for the Hungry Saturdays by reservation, learn the art of glazing a bowl for free and help feed the hungry, ages 16 and older. Bowls are donated to the annual "Beans Bowls Benefit" held at the Egan Center March 4. To reserve a time for this service activity or to get more information on the benefit event, call the Arts & Crafts Center, 552-7012
Ice Fishing Tournament noon-4 p.m. at Hillberg Lake, free with a chance to win prizes, Outdoor Recreation, 552-2023
Snowmachine Trips noon, 3 p.m. and 6 p.m., Hillberg Ski Area, 552-4838
Surf-n-Turf Special 5:30-8:30 p.m., Susitna Café, 753-3131

Sunday
Beginner Cross-Country Ski Lessons 1 p.m., \$5 or free if skis are purchased or rented for the season, Outdoor Recreation, 552-2023

Snowmachine Trips noon, 3 p.m. and 6 p.m., Hillberg Ski Area, 552-4838
Sunday Brunch 10:30 a.m.-2 p.m., \$16.95 *Members First* price, \$19.95 regular price, \$7.95 for children age 6-12, 5 and under free, senior air-men and below receive a 25 percent discount with their club card, Susitna Café, 753-3131
Family Xtreme Bowling 1-8 p.m., \$30 for up to six bowlers, shoe rental, one lane for two hours, two pitchers of soda and popcorn, Polar Bowl, 552-4108

Monday
President's Day Bowling Special noon-9 p.m., \$2 per game, Polar Bowl, 552-4108

Tuesday
Dollar Daze Special 5-9 p.m., \$1 per game and \$1 for shoes, Polar Bowl, 552-4108
Registration for Baseball/Softball begins, ages 5-18, must be Youth Center member, Youth Center, 552-2266
Registration for Mighty Tots Baseball begins, ages 3 and 4, must be Youth Center member, Youth Center, 552-2266
Yoga Classes 10-11 a.m., \$40 per month, ages 13 and older, Arctic Oasis, 552-8529

Wednesday
Introduction to Photography 5:30-9:30 p.m., \$45, bring your camera, limited to six people, Arts & Crafts Center, 552-7012
Wednesday Night Madness 5-9 p.m., \$18 per lane, up to five bowlers, shoes not included, Polar Bowl, 552-4108
Beading "Closures and Clasps for Bracelet or Necklace" 1-3 p.m., \$15, see item on display at Arts & Crafts Center, 552-7012

Thursday
Red Pin Bowling 5-9 p.m., get a red headpin strike and receive a free game, one free game per each paid game, Polar Bowl, 552-4108
Couple's Night 5-9 p.m., couples receive a complimentary lift ticket with the purchase of an \$8 all-hill lift ticket, both parties must be present at the time of purchase, Hillberg Ski Area, 552-4838
Family Night Buffet 5:30-8:30 p.m., \$11.95 *Members First* price, \$14.95 regular price, children 6-12 eat for \$5.95, 5 and under free, Susitna Café, 753-3131
Yoga Classes 10-11 a.m., \$40 per month, ages 13 and older, Arctic Oasis, 552-8529
Morning Coffee Conversation 10:30 a.m., book club for spouses of deployed members, free, Arctic Oasis, 552-8529



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

Tech. Sgt. Doris Yanas-House

Organization and duty title: 3rd Medical Support Squadron information management NCOIC
Hometown: Fort Walton Beach, Fla.
Hobbies: Quilting and reading
Mission contributions: Provides medical information systems and support to the medical professionals who keep our force “fit to fight.”
Time at Elmendorf: One year, three months
Time in the Air Force: 15 years
Best part about being in Alaska: Summertime is great here.
Quote from Supervisor: “Sergeant Yanas-House exemplifies and most impressively provides a sterling example of what it means to be an effective NCO, leader and ‘team player.’ She has the uncanny ability of ‘leaving everything she touches – better.” Master Sgt. Dana Belser



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

Senior Airman Amanda Geray

Organization and duty title: 90th Aircraft Maintenance Unit, 3rd Aircraft Maintenance Squadron assistant crew chief
Hometown: North Pole, Alaska
Hobbies: Snowboarding and running
Mission contributions: F-15s are the mission, maintaining them allows the mission to happen.
Time at Elmendorf: One year, nine months
Time in the Air Force: Three years, six months
Best part about being in Alaska: Being close to home
Quote from Supervisor: “Senior Airman Geray is a true maintainer who always strives for perfection and provides an atmosphere of camaraderie second to none. Her constant drive and determination toward aircraft maintenance in the 90th AMU sets the example for all maintainers to follow.” Master Sgt. Charles Hill

Commander in Chiefs

By Capt. Tony Wickman
71st Flying Training Wing Public Affairs

Across

- 1. Bhutan capital
- 7. Faucet
- 10. Crazy ___ loon
- 13. NBA “bad boy” Dennis
- 14. Mining goal
- 15. 41st or 43rd President
- 17. 34th President
- 19. Food fish
- 20. Pot-au-___; French meats and vegetables dish
- 21. Cooker
- 22. WeightWatcher goal
- 26. 7th President Jackson
- 29. Theater system
- 30. Enter again
- 32. Singer Horne
- 33. Most gloomy
- 37. Hair product
- 38. A-Team actor
- 39. Keep ___ tongue from evil...
- 40. Millipede or centipede

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Feb. 10 solutions

- 44. Male red deer
- 46. Bother
- 47. Office supply company
- 48. Correctly
- 51. 16th President
- 53. Garden spot
- 54. ___ 36-2903
- 55. Fury
- 56. 1st President
- 63. Sultan
- 64. Oklahoma town
- 65. Store (fodder) in a silo
- 66. Concorde, in brief
- 67. Dem.’s opposite
- 68. Matched up

Down

- 1. Cuba in “Boyz ’n the Hood”
- 2. ___ polloi; the masses
- 3. Mil. CAC cards
- 4. Married French woman, in short
- 5. Canadian winter resort site
- 6. Not listened to
- 7. Drag behind
- 8. Who ___ you?
- 9. Each
- 10. Loathe
- 11. Debonair
- 12. Slanted
- 16. Chicken
- 18. Farthest away
- 22. Rapper ___ Kim
- 23. Greek letter
- 24. More reasonable
- 25. Celebrate
- 26. Shiite religious authority

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|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
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| 13 | | | | | | | 14 | | | | 15 | | | 16 |
| 17 | | | | | | | 18 | | | | 19 | | | |
| | | | | 20 | | | | | | | 21 | | | |
| 22 | 23 | 24 | 25 | | | | | 26 | 27 | 28 | | | | |
| 29 | | | | | 30 | | 31 | | | | | | | |
| 32 | | | | | 33 | | | | | | 34 | 35 | 36 | |
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| | 40 | | | | 41 | 42 | | | | 43 | 44 | | | 45 |
| | | | | | 46 | | | | | | 47 | | | |
| | 48 | 49 | 50 | | | | | 51 | | 52 | | | | |
| 53 | | | | | | | | 54 | | | | | | |
| 55 | | | | | | 56 | 57 | 58 | | | | 59 | 60 | 61 |
| 63 | | | | | | 64 | | | | 65 | | | | |
| | 66 | | | | | 67 | | | | 68 | | | | |

- 27. Nat’l talk radio
 - 28. Opus ___
 - 31. Maryland players
 - 34. Moral
 - 35. Stiff, cylindrical military dress hat
 - 36. Austria and Italy neighbor
 - 41. TMO items
 - 42. Stadium cheer
 - 43. Makes a god of
 - 45. SpikeTV once
 - 48. 2nd or 6th President
- 49. Kelly’s co-host
 - 50. Languid
 - 52. Fool
 - 53. Before, poetically
 - 56. Fray
 - 57. Sweetened beverage
 - 58. Resin
 - 59. Home to “Let’s Make A Deal” and “Extreme Dodgeball”
 - 60. ___-tac-toe
 - 61. Bullring cheer
 - 62. Homer’s neighbor

SPORTS PAGE



PHOTO BY SENIOR AIRMAN GARRETT HOTHAN

On the slopes

Evan Tyler hugs the curves as he speeds his way down the slope during the Alpine Ski Competition at Winterfest. The event was held at Hillberg ski slope on Elmendorf Saturday. Winterfest is an annual event in which people get together and compete in several skiing events. Due to weather, the Alpine competition was the only one conducted. This year there was a Bavarian theme to the festivities.

Sport Shorts

Hillberg Ski Area

Hillberg is open for skiing and snowboarding. Conditions are good with hard-packed, groomed trails. In addition, the snowmachine trails are now open. For information, call 552-4838.

Beginner cross-country ski lessons

Outdoor Recreation sponsors beginner ski lessons at 1 p.m. Sundays. The lessons cost \$5 or are free with the purchase or season rental of skis. For more information, call Outdoor Recreation at 552-2023.

Military hockey tournament

The 7th Annual Alaska Military Hockey Tournament is scheduled for today-Sunday at the Tesoro Sports Center. The event is sponsored by the North American Aerospace Defense Command's Canadian Forces Hockey Team.

For more information, e-mail Dan Lien at dan.x.lien@gsk.com or call 250-1712.

Black Sheep Bowmen Archery Club

Black Sheep Bowmen Archery Club target leagues begin at 7 p.m.

Thursdays through March.

The range is located at Bldg. 7271 on Gibson Avenue. Cost is \$6. Leagues are open to everybody. For more information, call 753-1855 or visit www.black-sheeparchery.com.

Hip Hop, Jazz classes

The Arctic Oasis sponsors Hip Hop and Jazz classes from 10-11 a.m. every Saturday. Participants must be ages 4-18. For more information, call 552-8529.

Baseball registration

Registration begins February 21 for both Mighty Tots Baseball (ages 3 and 4) and regular youth Baseball/Softball (ages 5-18). All participants must be Youth Center members and have a current sports physical on file at the Youth Center.

For more information, call the Youth Center at 552-2266.

Ice fishing tournament

Outdoor Recreation is sponsoring an ice fishing tournament at Hillberg Lake from noon-4 p.m. Saturday. Outdoor Recreation will be on hand to offer assistance, weigh your catch and handout prizes.

For more information, call 552-4527.

Commander issues fitness challenge

By Senior Airman Jared Marquis
3rd Wing Public Affairs

Brig. Gen. Hawk Carlisle is giving Arctic Warriors the opportunity to earn a couple of days off, four to be exact.

The 3rd Wing commander has challenged the base to be as fit as he is in the 2006 Beat the Boss commander's fitness challenge.

"The 'Beat the Boss' program is an incentive program challenging 3rd Wing members to perform to the best of their ability on their fitness assessment," said Leyla Kelter, Elmendorf exercise physiologist and Headquarters Pacific Air Forces fitness program manager.

The challenge, which began Jan. 1, gives members the opportunity to earn a day off in each of four areas; aerobic fitness, muscular fitness (both push-ups and crunches), and overall score.

For anyone hoping to get a day off in the aerobic category, Mrs. Kelter said they must score the maximum 50 points. She said that this is based on either the 1.5-mile run, or the cycle ergometry test.

For those that consider muscular fitness to be their strength, they can either do 76 push-ups (males), 56 push-ups (females) or 60 crunches (males), 65 crunches (females). She said those numbers are based on how General Carlisle performed on his test.

And, for those that are all-around fit, Mrs. Kelter said that anyone who scores a perfect 100 points on the test will also be authorized a day off.

General Carlisle said he issued the challenge because he wants Arctic Warriors to do their best on the test.

"Fitness is critical to what we do for our nation as Airmen and warriors," he said. "By being in the best shape possible, we are healthier and better prepared to deploy and to fight ... to be the warriors the nation needs us to be. My challenge to each member of the wing is to be fit and make it a habit — and maybe through the motivation of beating my scores for a day off, more people will make fitness the habit it needs to be."

Individuals must be able to participate in all areas of the fitness test to be eligible for the incentive program, said Mrs. Kelter.

For more information on the "Beat the Boss" challenge, call the Health and Wellness Center at 552-2361. To schedule your fitness test, contact your unit orderly room.

Bowling LEAGUE STANDINGS

| Monday Nite NFL League | | | |
|-------------------------------|-----|------|------------|
| Team | Won | Lost | Total Pins |
| Team 1 | 109 | 51 | 36531 |
| Goat Ropers | 108 | 52 | 36802 |
| Team 4 | 92 | 68 | 35977 |
| Team 5 | 74 | 70 | 30781 |
| The Good, The Bad, & The Ugly | 71 | 89 | 35862 |
| Bye | 4 | 20 | 3600 |

| 3rd Medical Group League | | | |
|--------------------------|----|----|-------|
| Pharm Hawgs | 98 | 22 | 28017 |
| CSS | 82 | 38 | 23267 |
| Dental 1 | 74 | 46 | 24030 |
| Lan Sharks | 70 | 50 | 22035 |
| Mind in the Gutters | 69 | 51 | 22472 |
| Rad to the Bone | 59 | 61 | 24894 |
| Rusty's 1's | 56 | 64 | 23547 |
| Dorm Life | 52 | 68 | 19830 |
| Dental 2 | 50 | 70 | 20580 |
| High Rollerz | 42 | 78 | 18089 |
| Tri Rollers | 34 | 86 | 21549 |
| Cluster Morphs | 28 | 92 | 18715 |

As of Tuesday



Don't forget to wear your reflective belt during hours of reduced light